

## Volunteer Role Description: Nutrition Educator

### Position Summary:

Cooking Matters is a cooking-based nutrition education program designed to teach low-income families how to prepare healthy, tasty meals on a limited budget. Professional chefs and nutrition educators volunteer their time and expertise to lead hands-on courses that show adults, parents, and families how to purchase and prepare nutritious foods in healthy, safe, and tasty ways. This can mean the difference between feeding families for just one night and making sure they have the knowledge, skills, and resources to prepare healthy meals for a lifetime.

The nutrition instructor will serve as a teacher and role model, teaching and reinforcing key messages about healthy eating and inspiring participants to adopt healthy eating habits.

### Responsibilities:

- Teach low-income participants basic healthy eating and food budgeting messages, according to the highlighted objectives of each lesson. A curriculum is prepared by Cooking Matters and is provided via an instruction manual. Messages include eating from MyPlate food groups, choosing more fruits and vegetables, whole grains, planning balanced meals, reading food labels, avoiding sugary drinks, and making budget-friendly choices at the store.
- Facilitate class discussions on each message, allowing participants to brainstorm how they might put new behaviors into action, discuss barriers to adopt new behaviors, and share ideas with their peers for overcoming barriers.
- Select and implement hands-on activities that allow participants to practice key skills and feel comfortable implementing new healthy behaviors. The Cooking Matters Instructor guide provides an “activity bank” with many excellent activities. The Cooking Matters team will also provide the instructor with teacher resources.

### Skills/Experience Required:

- Education or experience working within health or nutrition. We welcome qualified dietitians, students/interns, or closely related fields.
- Interest and comfort in working with low-income individuals from diverse backgrounds.
- Comfortable speaking in front of groups (average class size is 10 participants).
- Ability to travel to class location.
- Willingness to be trained on Cooking Matters curricula, to work as a team with volunteer culinary instructor, and to adhere to program policies and team decisions.

### Time Commitment:

- At least 1 hour for training and orientation to Cooking Matters
- Approximately 3 hours per week for lesson preparation, travel time, class time, set-up, and clean-up.
- Must commit to all six weeks of the course or share the commitment with a colleague

**To Apply:** Please email [dgutierrez@weldgov.com](mailto:dgutierrez@weldgov.com) or call (970)400-2373

**For More Information:** Please visit <http://cookingmatters.org>

